



Recovery through Finding My Voice

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Trapped in Monologue

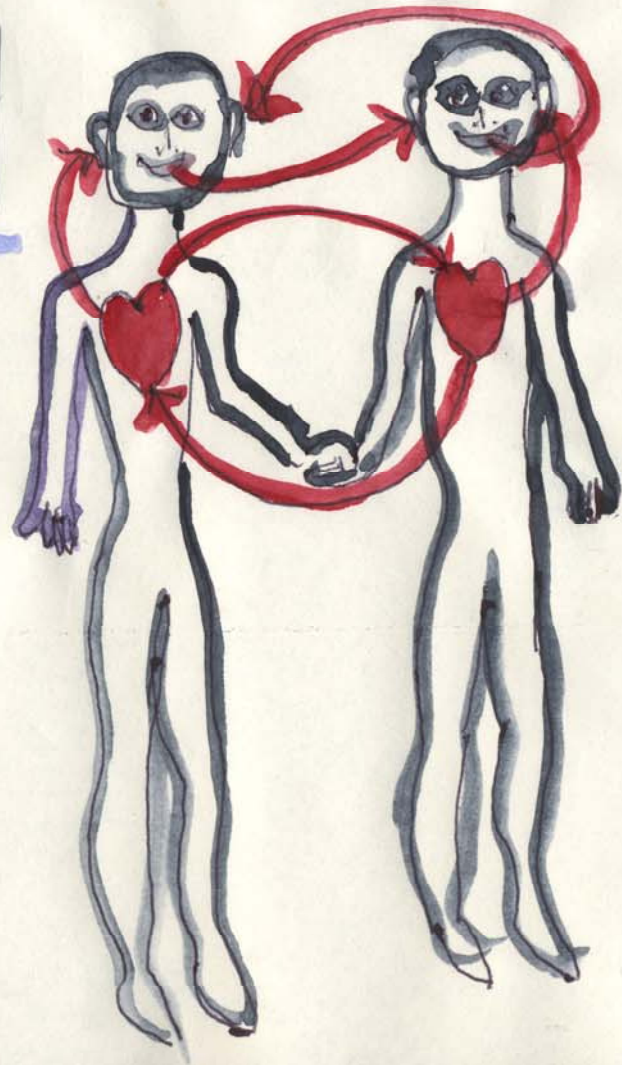


**Mental Health Issues
Trauma/Loss**

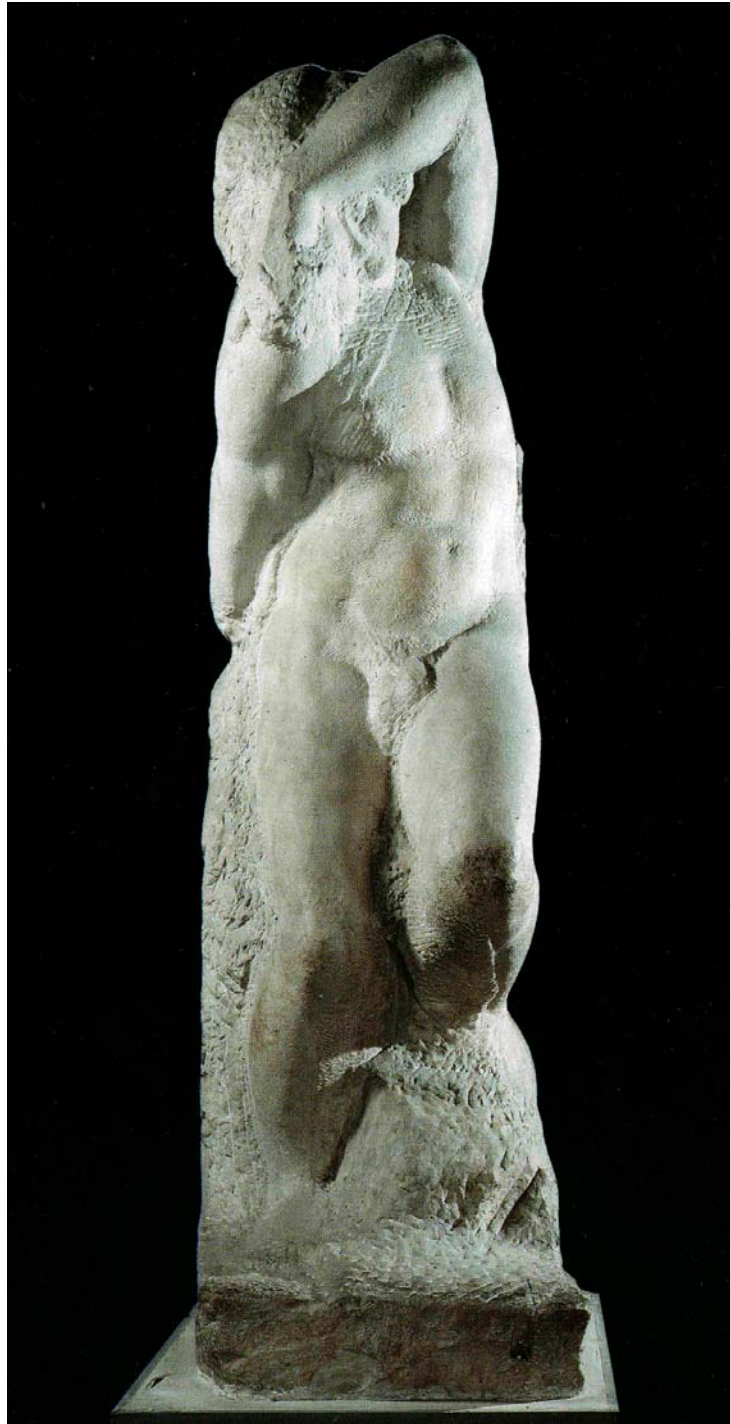


**Connection
emPowerment
Revitalization**

**Heart to Heart
Dialogue**







My Recovery from Schizophrenia

- 1. Great Blue Heron in flight**
 - a. Love, marriage, children**
 - b. Becoming a psychiatrist**
 - c. Dream of Center: Founding
National Empowerment Center**
 - d. Advocate/educator/inspiratio
nal speaker**

FINDING OUR VOICE

Express yourself passionately





Summary of What I have Learned about Recovery

Much of my recovery of life involved my learning to love and accept being loved. My recovery also involved my learning to exercise my power in relationships without fear of people getting angry at me or rejecting me. I learned the power of love to enable me to be fearlessly myself in relationships with others and myself.

Principles of Recovery (From Research at NEC)

- § **Trust**
- § **Self-determination**
- § **Hope: believing you'll recover**
- § **Believing in the person**
- § **Connecting at a human level**

Principles of Recovery *(From research at NEC)*

- § **People are always making meaning**
- § **Having a voice of one's own**
- § **All feelings are valid**
- § **Important to follow dreams**
- § **Relating with dignity and respect**

DIMENSION	RECOVERY	OPEN DIALOGUE
Power	Empowerment Vital	Encouraged by sharing power and validating the reality of the person in distress
Valuing the Person	Respect, including their diversity as a strength	Supported by valuing the contribution of the person in distress
Future	Hope	Optimism about recovery
Nature of the Problem	In Relationships	Network addressed as the problem
Goal of Treatment	Community Integration	Establishment of dialogue with community
peer support	essential component	uniquely suited in assisting person transitioning from monologue to dialogue because of identification and less power differential

Purpose of Voice and Dialogue Training

- 1. Improve people's individual recovery and growth**
- 2. Improve a person's capacity to facilitate a group**
- 3. Develop the skills to lead Recovery Dialogues for providers**
- 4. Develop capacity to be an effective advocate for recovery and wellness-oriented systems**

How the Twelve **P**s of Empowerment Lead to Recovery and Transformation



Figure 1

Personal Connections

- **Form a support group to be empowered and share being mad and angry**
- **The more you can share of yourself the more others will share: they can relate**
- **Taking a personal interest:makes friends**
- **Informal schmoozing vital**
- **Nonverbal expression as important as verbal**

Passion from Madness

- We are often mad from unexpressed anger from trauma, isolation, powerlessness, being misunderstood, rejected, locked up, silenced
- We need to be part of peer group to feel safe enough to express our anger, connect, find our voice
- By sharing our anger and madness with peers

**We can transform our madness to
passion and action**

Passion

- Listen to your heart
- Passion resonates in every heart
- Choose a cause you feel very strongly
- Transform anger, fear, and sadness into passion before doing advocacy
- Allies and audience help transform anger
- Affect don't alienate: be attuned
- Compassion: based on passion + understanding

Module V

A. Compare Dialogue and Discussion: (see resource B1)

Dialogue	Discussion
Starts with listening	Starts with speaking
Is about speaking with	Is about speaking to
Focuses on insights	Focuses on differences
Is collaborative	Is adversarial
Generates ideas	Generates conflicts
Encourages reflection	Encourages quick thinking
Encourages emergence	Encourages lock-in

Module V (cont.)

Ground rules for dialogue

1. Listening together

“Listening is usually considered a singular activity. But in dialogue, one discovers a further dimension of listening: the ability not only to listen, but to listen together as part of a larger whole.”

2. Respecting the person as a whole being

A: Respecting the other. “To be able to see a person as a whole being, we must learn another central element in the practice of dialogue: respect. When we respect someone, we accept that they have things to teach us.”

B: Respecting differences.[

In dialogue, one learns that agreement on a mission or action rarely requires total agreement of perspectives, values and worldviews.

Module V (cont.)

Ground rules for dialogue

3. Suspending certainty about our view.

we can learn to suspend our opinion and the certainty that lies behind it. We simply acknowledge and observe our thoughts and feelings as they arise without being compelled to act on them.

4. Authentic Voicing

Finding your voice in dialogue means learning to ask a simple question: What needs to be expressed now?

This is true in part because our **authentic voice** is not a rehash of others' words. So we are unlikely to find someone else speaking what we ourselves need to say. [...]

Peer Initiatives in Mass through Groundhogs, MPOWER, Recovery Learning Communities, NEC

- 1. Peer-run Crisis Respite**
- 2. Behavioral Health Care Commission**
- 3. Emotional CPR**
- 4. Voice and Dialogue Training**

Advantages of Peer-run Crisis Respite (PRCR) over Psychiatric Hospitals

- 75 % less expensive**
- Restoration of hope**
- Jobs for persons with disabilities.**
- PRCR alternatives work in other states.**
- Respite more empowering, less traumatic**
- Crisis is viewed as an opportunity of growth**
- Enables continuity of care and life in community**

Peer Support & Wellness Center Decatur, GA



- Home-like, welcoming
- 8 peer respites in U.S.
 - New Hampshire, Maine, Ohio, West Virginia, Georgia, Nebraska & New York (2)
- Guests stay 1-7 days

Behavioral Health Care Commission for Mass.

The investigation and study shall include, but not be limited to, effectiveness of behavioral health services for promoting desirable outcomes of recovery and wellness for the target population, especially in light of changes to the behavioral health system resulting from the federal Affordable Care Act. The following services are relevant to the commission's mission: acute and long-term psychiatric inpatient and outpatient services; therapy services; detox; residential care; structured day treatment; clubhouse programs; respite care services; community-based housing; case management; personal care attendant services; prevocational services; vocational rehabilitation service; educational supports and training, Consumer Quality Initiative, and other peer delivered services.

eCPR (Emotional CPR)



National Coalition for Mental Health Recovery

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(eCPR) Emotional CPR

What is eCPR? a public health education program which prepares all members of the public to assist a person who is experiencing an emotional crisis

Why eCPR:

- **There is a vast and compelling need for the general public to learn how to assist any person who is experiencing an emotional crisis**
- **Just as a person's physical heart needs attention in a cardiac crisis, a person's emotional heart needs attention in an emotional crisis**
- **Just as CPR trains people to help someone in cardiac crisis, eCPR trains people to help others in emotional crisis.**

eCPR is a form of heart to heart connection for emotional resuscitation.

The three elements of the practice of **eCPR**

C=Connecting with **C**ompassion and **C**oncern to **C**ommunicate

P= emPowerment to experience **P**assion, **P**urpose and **P**lanning

R=Revitalize through **R**eestablishing **R**elationships, **R**outines and **R**hythms in the community

There is still a lot for us to do. We need more leaders, and more voices demanding our freedom.

